What is claimed is:

1. A hockey stick comprising:

a shaft;

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a blade connected with the shaft, the blade including an elongated member extending

from a tip section to a heel section and having a front face and a back face;

the heel section comprising front-side and back-side facing surfaces that are recessed

relative to adjacent portions of the front and back faces; and

the elongated member further comprising an inner foam core and one or more plies

overlaying the inner foam core, wherein the one or more plies comprise substantially continuous

fibers disposed within a matrix material.

The hockey stick of claim 1, wherein at least part of one of the fibers is selected

from the group consisting of carbon fiber, aramid, glass, polyethylene, ceramic, boron, quartz,

and polyester.

3. The hockey stick of claim 1, wherein at least part of one of the fibers is selected

from the group consisting of carbon fiber, aramid, glass, polyethylene, and ceramic.

4. The hockey stick of claim 1, wherein at least part of one of the fibers is selected

from the group consisting of carbon fiber, aramid, and glass.

5. The hockey stick of claim 1, wherein at least part of one of the fibers is selected

from the group consisting of carbon fiber and aramid.

LA-146641.8

Express Mail No. EL 975107455 US

6. The hockey stick of claim 1, wherein at least part of one of the fibers comprises

carbon fiber.

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7. The hockey stick of claim 1, wherein the recessed front-side and back-side facing

surfaces of the heel section are configured to be received in a mating portion of the shaft.

8. The hockey stick of claim 1, wherein the recessed front-side and back-side facing

surfaces of the heel section are configured to be received into a slot disposed within the shaft.

9. The hockey stick of claim 1, wherein the recessed front-side and back-side facing

surfaces of the heel section are configured to be received in a mating portion of an adapter

member that connects the blade with the shaft.

10. The hockey stick of claim 1, wherein the recessed front-side and back-side facing

surfaces of the heel section are configured to be received into a slot disposed within a mating

portion of an adapter member that connects the blade with the shaft.

11. The hockey stick of claim 1, wherein the shaft further includes a forward facing

surface, a rearward facing surface, a front facing surface, a back facing surface, and a lower end

section, the lower end section includes an open-ended slot that extends from the forward facing

surface of shaft and is disposed between the front and back facing surfaces of the shaft, wherein

LA-146641.8

Express Mail No. EL 975107455 US

the recessed front-side and back-side facing surfaces of the heel section are disposed within the

slot.

12. The hockey stick of claim 11, wherein the slot extends from the forward facing

surface through the rearward facing surface of the shaft.

14. The hockey stick of claim 12, wherein the lower end section of the shaft further

includes an end surface generally perpendicular to the forward facing surface and wherein the

slot extends from the forward facing surface through the end surface of the shaft.

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14. The hockey stick of claim 11, wherein the shaft is constructed at least in part of

wood.

15. The hockey stick of claim 1 further comprising an adapter member that connects

the shaft with the blade, the adapter member includes a first end section, a second end section

forward facing surface, a rearward facing surface, a front facing surface, and a back facing

surface, the first end section includes an open-ended slot that extends from the forward facing

surface of the adapter member and is disposed between the front and back facing surfaces of the

adapter member, wherein the recessed front-side and back-side facing surfaces of the heel

section are disposed within the slot.

16. The hockey stick of claim 15, wherein the slot extends from the forward facing

surface through the rearward facing surface of the adapter member.

LA-146641 8

17. The hockey stick of claim 15, wherein the first end section of the adapter member

further includes an end surface generally perpendicular to the forward facing surface and

wherein the slot extends from the forward facing surface through the end surface of the adapter

member.

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, 18. The hockey stick of claim 15, wherein the adapter member is constructed at least

in part of wood.

19. The hockey stick of claim 15, wherein the second end section of the adapter

member is connected to the shaft.

20. The hockey stick of claim 15, wherein the shaft includes a lower end section that

includes a cavity and wherein the second end section of the adapter member is disposed within

the cavity of the shaft.

21. The hockey stick of claim 1 further comprising one or more internal bridge

structures disposed within the foam core and extending between the front and back faces of the

blade.

22. The hockey stick of claim 21, wherein at least one of the one or more internal

bridge structures comprises one or more plies of substantially continuous fibers disposed within

a matrix material.

LA-146641.8

23. The hockey stick of claim 21, wherein at least one of the one or more internal

bridge structure comprises non-continuous fibers disposed within a matrix material.

24. The hockey stick of claim 1 further comprising one or more internal bridge

structures disposed within the foam core and extending between the recessed front-side and

back-side facing surfaces of the heel section.

25. The hockey stick of claim 1 further comprising one or more internal bridge

structures disposed within the foam core and extending between the front and back faces of the

blade and between the recessed front-side and back-side facing surfaces of the heel section.

26. The hockey stick of claim 1, wherein the foam core further comprises a top edge

and a bottom edge extending between the front face and back face of the blade, wherein at least

part of the bottom edge or the top edge of the foam is overlaid with a durable edging material.

27. The hockey stick of claim 26, wherein at least part of both the top edge and

bottom edge of the foam is overlaid with the durable edging material.

28. The hockey stick of claim 26, wherein the durable edging material is selected

from the group of materials consisting of thermoplastic resins, thermosetting resins, substantially

continuous fibers disposed within either thermoplastic or thermosetting resins, and non-

continuous fibers disposed within either thermoplastic or thermosetting resins.

LA-146641.8

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Express Mail No. EL 975107455 US

29. The hockey stick of claim 1, wherein the foam core comprises at least one

material selected from the group consisting of polyurethane, PVC, and epoxy.

30. A blade for a hockey stick comprising:

an elongated member extending from a tip section to a heel section and having a front

face and a back face;

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the heel section comprising front-side and back-side facing surfaces that are recessed

relative to adjacent portions of the front and back faces; and

the elongated member further comprising an inner foam core and one or more plies

overlaying the inner foam core, wherein the one or more plies comprise substantially continuous

fibers disposed within a matrix material.

31. The blade of claim 30, wherein at least part of one of the fibers is selected from

the group consisting of carbon fiber, aramid, glass, polyethylene, ceramic, boron, quartz, and

polyester.

32. The blade of claim 30, wherein at least part of one of the fibers is selected from

the group consisting of carbon fiber, aramid, glass, polyethylene, and ceramic.

33. The blade of claim 30, wherein at least part of one of the fibers is selected from

the group consisting of carbon fiber, aramid, and glass.

LA-146641.8

- 34. The blade of claim 30, wherein at least part of one of the fibers is selected from the group consisting of carbon fiber and aramid.
- 35. The blade of claim 30, wherein at least part of one of the fibers comprises carbon fiber.
 - 36. The blade of claim 30, wherein the recessed front-side and back-side facing surfaces of the heel section are configured to be received in a mating portion of a shaft.
- The blade of claim 30, wherein the recessed front-side and back-side facing surfaces of the heel section are configured to be received within a slot disposed within a shaft.
 - 38. The blade of claim 30, wherein the recessed front-side and back-side facing surfaces of the heel section are configured to be received in a mating portion of an adapter member configured to connect the blade with a shaft.
 - 39. The blade of claim 30, wherein the recessed front-side and back-side facing surfaces of the heel section are configured to be received within a slot disposed within a mating portion of an adapter member configured to connect the blade with a shaft.
 - 40. The blade of claim 30 further comprising one or more internal bridge structures disposed within the foam core and extending between the front and back faces.

LA-146641.8

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Express Mail No. EL 975107455 US

42. The blade of claim 41, wherein at least one of the one or more internal bridge

structures comprises one or more plies of substantially continuous fibers disposed within a

matrix material.

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43. The blade of claim 41, wherein at least one of the one or more internal bridge

structure comprises non-continuous fibers disposed within a matrix material.

44. The blade of claim 30 further comprising one or more internal bridge structures

disposed within the foam core and extending between the recessed front-side and back-side

10 facing surfaces of the heel section.

45. The blade of claim 30 further comprising one or more internal bridge structures

disposed within the foam core and extending between the front and back faces of the blade and

between the recessed front-side and back-side facing surfaces of the heel section.

46. The blade of claim 30, wherein the foam core further comprises a top edge and a

bottom edge extending between the front face and back face of the blade, wherein at least part of

the bottom edge or the top edge of the foam is overlaid with a durable edging material.

47. The blade of claim 46, wherein at least part of both the top edge and bottom edge

of the foam is overlaid with the durable edging material.

48. The blade of claim 46, wherein the durable edging material is selected from the group of materials consisting of thermoplastic resins, thermosetting resins, substantially continuous fibers disposed within either thermoplastic or thermosetting resins, and non-

continuous fibers disposed within either thermoplastic or thermosetting resins.

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- 49. The blade of claim 30, wherein the foam core comprises at least one material selected from the group consisting of polyurethane, PVC, and epoxy.
 - 50. A hockey stick comprising:

10 a shaft;

a blade connected with the shaft, the blade including an elongated member extending from a tip section to a heel section and having a front face and a back face;

the heel section comprising front-side and back-side facing surfaces that are recessed relative to adjacent portions of the front and back faces; and

the elongated member further comprising a core of non-continuos random fibers disposed within a matrix material.

- 51. The hockey stick of claim 50, wherein at least part of one of the fibers is selected from the group consisting of carbon fiber, aramid, glass, polyethylene, ceramic, boron, quartz, and polyester
- 52. The hockey stick of claim 50, wherein at least part of one of the fibers is selected from the group consisting of carbon fiber, aramid, glass, polyethylene, and ceramic.

Express Mail No. EL 975107455 US

33. The hockey stick of claim 50, wherein at least part of one of the fibers is selected

from the group consisting of carbon fiber, aramid, and glass.

54. The hockey stick of claim 50, wherein at least part of one of the fibers is selected

from the group consisting of carbon fiber and aramid.

55. The hockey stick of claim 50, wherein at least part of one of the fibers comprises

carbon fiber.

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56. The hockey stick of claim 50, wherein the recessed front-side and back-side

facing surfaces of the heel section are configured to be received in a mating portion of the shaft.

57. The hockey stick of claim 50, wherein the recessed front-side and back-side

facing surfaces of the heel section are configured to be received into a slot disposed within the

shaft.

58. The hockey stick of claim 50, wherein the recessed front-side and back-side

facing surfaces of the heel section are configured to be received in a mating portion of an adapter

member that connects the blade with the shaft.

LA-146641.8

Express Mail No. EL 975107455 US

59. The hockey stick of claim 50, wherein the recessed front-side and back-side

facing surfaces of the heel section are configured to be received into a slot disposed within a

mating portion of an adapter member that connects the blade with the shaft.

60. The hockey stick of claim 50, wherein the shaft further includes a forward facing

surface, a rearward facing surface, a front facing surface, a back facing surface, and a lower end

section, the lower end section includes an open-ended slot that extends from the forward facing

surface of shaft and is disposed between the front and back facing surfaces of the shaft, wherein

the recessed front-side and back-side facing surfaces of the heel section are disposed within the

10 slot.

61. The hockey stick of claim 60, wherein the slot extends from the forward facing

surface through the rearward facing surface of the shaft

62. The hockey stick of claim 60, wherein the lower end section of the shaft further

includes an end surface generally perpendicular to the forward facing surface and wherein the

slot extends from the forward facing surface through the end surface of the shaft.

63. The hockey stick of claim 50, wherein the shaft is constructed at least in part of

wood.

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64. The hockey stick of claim 50 further comprising an adapter member that connects

the shaft with the blade, the adapter member includes a first end section, a second end section

LA-146641.8

Express Mail No. EL 975107455 US

forward facing surface, a rearward facing surface, a front facing surface, and a back facing surface, the first end section includes an open-ended slot that extends from the forward facing surface of the adapter member and is disposed between the front and back facing surfaces of the

adapter member, wherein the recessed front-side and back-side facing surfaces of the heel

section are disposed within the slot.

65. The hockey stick of claim 64, wherein the slot extends from the forward facing

surface through the rearward facing surface of the adapter member.

66. The hockey stick of claim 64, wherein the first end section of the adapter member

further includes an end surface generally perpendicular to the forward facing surface and

wherein the slot extends from the forward facing surface through the end surface of the adapter

member.

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67. The hockey stick of claim 64, wherein the adapter member is constructed at least

in part of wood

68. The hockey stick of claim 64, wherein the second end section of the adapter

member is connected to the shaft.

69. The hockey stick of claim 64, wherein the shaft includes a lower end section that

includes a cavity and wherein the second end section of the adapter member is disposed within

the cavity of the shaft.

LA-146641.8

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Express Mail No. EL 975107455 US

70. A blade for hockey stick comprising:

an elongated member extending from a tip section to a heel section and having a front

face and a back face;

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the heel section comprising front-side and back-side facing surfaces that are recessed

relative to adjacent portions of the front and back faces; and

the elongated member further comprising a core of non-continuos random fibers disposed

within a matrix material.

71. The blade of claim 70, wherein at least part of one of the fibers is selected from

the group consisting of carbon fiber, aramid, glass, polyethylene, ceramic, boron, quartz, and

polyester.

72. The blade of claim 70, wherein at least part of one of the fibers is selected from

the group consisting of carbon fiber, aramid, glass, polyethylene, and ceramic.

73. The blade of claim 70, wherein at least part of one of the fibers is selected from

the group consisting of carbon fiber, aramid, and glass.

74. The blade of claim 70, wherein at least part of one of the fibers is selected from

the group consisting of carbon fiber and aramid.

75. The blade of claim 70, wherein at least part of one of the fibers comprises carbon

fiber.

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76. The blade of claim 70, wherein the recessed front-side and back-side facing

surfaces of the heel section are configured to be received in a mating portion of a shaft.

77. The blade of claim 70, wherein the recessed front-side and back-side facing

surfaces of the heel section are configured to be received within a slot disposed within a shaft.

78. The blade of claim 70, wherein the recessed front-side and back-side facing

surfaces of the heel section are configured to be received in a mating portion of an adapter

member configured to connect the blade with a shaft.

79. The hockey stick of claim 70, wherein the recessed front-side and back-side

facing surfaces of the heel section are configured to be received within a slot disposed within a

mating portion of an adapter member configured to connect the blade with a shaft.

80. A hockey stick adapter member for connecting a hockey stick shaft to a hockey

stick blade comprising:

a member extending from a first end section to a second end section and having a forward

facing surface, a rearward facing surface, and an end surface;

the first end section comprising a slot extending from the forward facing surface toward

the rearward facing surface;

LA-146641.8

Express Mail No. EL 975107455 US

the second end section being configured to mate with a hockey stick shaft.

81. The hockey stick adapter member of claim 80, wherein the slot extends through

the rearward facing surface.

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82. The hockey stick adapter member of claim 80, wherein the slot extends through

the end surface.

83. The hockey stick adapter member of claim 80, wherein the second end section is

configured to mate within a tubular hockey stick shaft.

84. The hockey stick adapter member of claim 80, wherein the second end section

comprises a mating section that is dimensioned to be received within a tubular hockey stick

shaft.

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'85. The hockey stick adapter member of claim 80, wherein the second end section

comprises a rectangular mating section dimensioned to be received within a tubular hockey stick

shaft.

86. The hockey stick adapter member of claim 80, wherein the second end section

comprises a mating section dimensioned to be slidably received within a tubular hockey stick

shaft.

- 87. The hockey stick adapter member of claim 80, wherein the second end section comprises a mating section dimensioned to be slidably and snugly received within a tubular hockey stick shaft.
- 188. The hockey stick adapter member of claim 80, wherein the adapter member is constructed at least in part of wood.
- 69. The hockey stick adapter member of claim 80, wherein the adapter member comprises a core overlaid with substantially continuous fibers disposed within a matrix material.
- 90. The hockey stick adapter member of claim 20, wherein the adapter member comprises a core of fibers disposed within a matrix material.
- 91. A method for manufacturing a composite hockey stick blade comprising the following steps:
 - (a) providing a foam core having the general shape of a hockey stick blade;
 - (b) forming an uncured blade assembly by wrapping the foam core with one or more plies comprising substantially continuous fibers pre-impregnated with a curable matrix material;
 - (c) providing a mold having the desired exterior shape of the blade;
- 20 (d) loading the mold with the uncured blade assembly;
 - (e) applying heat to the mold to cure the blade assembly; and
 - (f) removing the cured blade assembly from the mold.

LA-146641.8

Express Mail No. EL 975107455 US

92. The method of claim 91 for manufacturing a composite hockey stick blade

wherein the mold is configured to impart a recessed surface at the heel of the blade.

93. The method of claim 91 wherein in forming the uncured blade assembly a durable

edging material is laid about at least a portion of the circumference of the foam core.

94. The method of claim 91 wherein the mold includes a convex surface configured

to impart a cavity into the blade.

1,95. The method of claim 91 wherein at least part of one of the fibers is selected from

the group consisting of carbon fiber, aramid, glass, polyethylene, ceramic, boron, quartz, and

polyester.

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96. The method of claim 91 wherein at least part of one of the fibers is selected from

the group consisting of carbon fiber, aramid, glass, polyethylene, and ceramic.

97. The method of claim 91 wherein at least part of one of the fibers is selected from

the group consisting of carbon fiber, aramid, and glass.

98. The method of claim 91 wherein at least part of one of the fibers is selected from

the group consisting of carbon fiber and aramid.

LA-146641.8

99. The method of claim 91 wherein at least part of one of the fibers comprises carbon fiber.

100. A method for manufacturing a composite hockey stick blade comprising the following steps:

- (a) providing a mold having the desired exterior shape of the blade;
- (b) loading the mold with a mixture of non-continuous fibers disposed in a curable matrix material;
 - (c) applying heat to the mold to cure; and
- (d) removing the cured blade from the mold.
- 101. The method of claim 100 for manufacturing a composite hockey stick blade wherein the mold is configured to impart a recessed surface at the heel of the blade.
- 102. The method of claim 100 wherein at least part of one of the fibers is selected from the group consisting of carbon fiber, aramid, glass, polyethylene, ceramic, boron, quartz, and polyester.
- 103. The method of claim 100 wherein at least part of one of the fibers is selected from 20 the group consisting of carbon fiber, aramid, glass, polyethylene, and ceramic.
 - 104. The method of claim 100 wherein at least part of one of the fibers is selected from the group consisting of carbon fiber, aramid, and glass.

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- 105. The method of claim 100 wherein at least part of one of the fibers is selected from the group consisting of carbon fiber and aramid.
- 106. The method of claim 100 wherein at least part of one of the fibers comprises carbon fiber.
 - 107. A hockey blade for attachment with a hockey stick shaft comprising: an elongated member;
- the elongated member extending from a tip section to a heel section; the elongated member having a front face and a back face;

the elongated member comprising a core of non-continuos random fibers disposed within a matrix material.